1985-12-24
The Observer (p.7)

Book on out-of-body experience convincing

***Far Journeys*, by Robert A. Monroe, Faber, Virginia. Doubleday, 1985, $15.95**

by Robert Franklin

You have probably known a few people who claim they have had the queer experience of being out of their physical body, perhaps looking down from ceiling height at themselves asleep below. Or visiting other places, other times, leaving their living, breathing body behind until they return.

Robert Monroe has had such experiences and has developed, or learned, procedures for including such escapes almost at will. And, as in his earlier book *Journeys Out of the Body,"* he describes them dramatically and convincingly.

There are two ways to approach this book. As an outright skeptic, or as a believer or willing pupil, hoping to find how to travel inexpensively beyond the stars into infinity.

Monroe makes a fairly convincing case that he has found the secret of what used to be called "astral projection," and has shared it with numerous other persons.

Monroe says that our brain is really two brains. The left half governs the right side of our body and is usually in control. He says "We use the left brain to talk and read, to do mathematics . . . to reason, measure time . . . for rational thought — it 'knows' nothing else. Our right brain is the orginator of ideas, spatial sense, intuition, music, emotion and probably much more than we now realize. It is timeless, apparently with a language all its own."

Of course, it is the right brain that Monroe has learned to activate to take his consciousness out of his body and move, faster than the speed of light, wherever it listeth. And not by itself — some of his experiences have involved other spirits.

Monroe cites some of his out-of-body travel experiences, including those that required him to physically travel where his other self was being signalled to go. He has had surgery without post-operative sedation, trying to see if he can remove himself from his painful body by volition. He admits the result was agony.

A couple of experiences he cites

really strain credulity. He joined a poker group which he says has been meeting Friday nights for seventy years and found he could tell which cards were face down, and even predict winners he would draw! The other players called it extraordinary luck, but Monroe is sure his all-knowing right brain told him. And he says that when he hangs a certain pair of pants in his closet with empty pockets, the next morning he sometimes finds paper money in the pockets. He admits that his wife Nancy is skeptical and thinks the money got there in some way that Monroe just forgot.

Robert Monroe began his career in 1939 as a program director for radio networks, and was the creator of some 400 radio and TV network programs and sit-com sequences. Later, he owned a chain of radio stations in North Carolina and Virginia, and eventually formed the Jefferson Cable Corporation here. He founded the Monroe Institute of Applied Sciences in Afton in 1973, where he uses his technical knowledge of sound systems for his experiments in extra-sensory perception, and out-of-body-experiences (OOBE). His first book was published in five languages, and it seems that now he is well established, in his seventies, as the leading exponent of these activities in the world (and out of it).□